

## SOVEREIGN LAKE NORDIC - Masters XC Program - Return to Play Policy

<b>Registration</b>	<ul style="list-style-type: none"> <li>• The total number of registrants has been limited to 100 members</li> <li>• All registrants must be members of Sovereign Lake Nordic and adhere to all club requirements and directives</li> <li>• All members will sign the Sovereign Lake Nordic Participant Agreement</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• There are two training sessions a week                             <ul style="list-style-type: none"> <li>Thursday am</li> <li>Thursday pm</li> <li>Sunday am</li> </ul> </li> </ul>
<b>Groups</b>	<ul style="list-style-type: none"> <li>• Number of Coaches: 17</li> <li>• Average participation rate per session: 60</li> <li>• Average group size: 4</li> <li>• Maximum group size: 8</li> <li>• Group members will be designated to train with the same coach each session for the duration of the program</li> </ul>
<b>Health</b>	<ul style="list-style-type: none"> <li>• At home, all members and coaches will complete the BC Covid-19 self assessment</li> <li>• Those who are sick or unwell must stay at home.</li> </ul>
<b>Arriving On Site</b>	<ul style="list-style-type: none"> <li>• On arrival, members will change in their vehicles in the parking lot.</li> <li>• Meeting times will be staggered, to reduce the number of members arriving in the parking lot</li> <li>• This will also reduce the number of members seeking access to the lodges washrooms</li> <li>• If needing to use the washroom, access will be available on the lower level, where no further access to the building will be available</li> <li>• Members will use their pass to automatically register-in without having to enter the lodge.</li> </ul>
<b>Practise Session</b>	<ul style="list-style-type: none"> <li>• Each group will meet with their coach at their own specified and separate location, which will be distanced by a minimum of 30m from the next group</li> <li>• While receiving instructions from the coach, members will distance themselves from others in the group by 2m</li> <li>• Face masks are to be worn whenever 2m distancing cannot be maintained</li> <li>• At the conclusion of a session, members will be reminded to maintain distancing while returning to change at their vehicle.</li> </ul>
<b>Departure</b>	<ul style="list-style-type: none"> <li>• Before departing members will use their season pass to register out.</li> <li>• Again, entry to the building isn't required</li> </ul>